

## PATIENT REFERRAL FORM

This 10-week remote, home-based exercise and education program leading to better self-management.

### Patient Information

Full Name: \_\_\_\_\_

Date of birth (M/D/Y): \_\_\_\_\_

Phone number: \_\_\_\_\_

### Primary Disease/Condition:

\_\_\_\_\_

### Physician Information

Name: \_\_\_\_\_

Clinic/Hospital: \_\_\_\_\_

Tel. #: \_\_\_\_\_

E-mail: \_\_\_\_\_

Fax: \_\_\_\_\_

FEV1 : \_\_\_\_\_ FVC : \_\_\_\_\_ Date performed (if available): \_\_\_\_\_

Oxygen (if applicable): \_\_\_\_\_ L/min

- Co-morbidities:** (Check all that apply)
- |                                     |                                    |
|-------------------------------------|------------------------------------|
| <input type="radio"/> Heart Disease | <input type="radio"/> Stroke       |
| <input type="radio"/> Hypertension  | <input type="radio"/> Cancer       |
| <input type="radio"/> Diabetes      | <input type="radio"/> Other: _____ |
| <input type="radio"/> Obesity       |                                    |

### Additional comments:

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

To ensure patient safety for exercise, please indicate if patient is medically stable and cleared to participate in mild/moderate exercise:

- Client is **medically stable** and can **participate in exercise and education program**  
 Client is **NOT medically stable**

I would like to be updated on my patients progress:

- Yes Preferred method of contact :  Email  Phone  
 No

Signature: \_\_\_\_\_

Referral Date: \_\_\_\_\_